

GROUP FITNESS SCHEDULE:

Spring Break March 16 - 22

All classes require either a Group Fitness pass, trial pass or separate registration. *Classes denoted with a (*) require additional fees and registration. Check the DCRC brochure or www.dublinohioUSA.gov for descriptions, schedules and fees.* Most classes take place in fitness studio(1),studio(2)or classroom (C).

TIME	MONDAY 3/16	TUESDAY 3/17	WEDNESDAY 3/18	THURSDAY 3/19	FRIDAY 3/20	SATURDAY 3/21	SUNDAY 3/22
5:45-6:40am	CardioIntervals - Ann D(1) Spinning 55 - Ann Y(2)	Total Toning - Ann D(1)	CardioIntervals - Ann D(1) Spinning 55 - Lauren(2)	Barbell - Mollie(1)	Step&Sculpt - Kara(1) Spinning 55 - Lauren(2)	8:15-9:10am Barbell - Kara(1)	
7:30-8:25am	PowerSculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	PowerSculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	PowerSculpt - Suzanne(1)	8:30-9:30am Spinning 60 - Lori(2)	8:30-9:30am Spinning 60 - Bill(2)
8:30-9:25am	Strength/Cardio Mix - Suzanne(1)	Barbell - Sally(1)	PowerSculpt - Suzanne(1)		Step&Sculpt-Suzanne(1)	9:15-10:15am Zumba - Jill(1)	9:00 -10:00am Barbell - Becky(1)
9:30-10:25am	HIIT& Tabata - Elizabeth(1) PowerSculpt - Suzanne(2)	Total Body - Renee (1) Spinning 55 - Bill(2)	Zumba - Hilary(1)	Cardio Intervals- Elizabeth(1) - Spinning 55-Ann(2)	Zumba - Jill(1) PowerSculpt-Suzanne(2)	10:30-11:30am Total Body - Renee(1)	
10:35 - 11:30am		Barre "sample" class - Carol(1) use your fitness pass!		Barre "sample" class-(C) use your pass *Hatha Yoga -(1) make-up class	Barbell - Sally(1)		
10:45 - 11:45am			*Senior Yoga - Pat(1)	*Functional Fitness- Sally(2)			
12:00-12:55pm	Total Toning - Nicole(1) Spinning 45 - Julie(2)	Zumba - Jill(1) Cycle Circuit-Sally(2)	Barbell - Sally(1) Spinning 45 - Julie(2)	Zumba - Vicki(1)	Barbell - Ann (1)		11:45 - 12:45p *Line Dance BEG(1)
	1 - 3pm *Shamrockettes(2)				1:05 - 3:05pm *Line Dancing		
	2:30-3:30p *Yoga in the Afternoon(1)						2:00-3:30p *Line Dance INT (1)
5:30-6:25pm	PowerSculpt-Suzanne(1)	20/20/20 - Kara(1)	PowerSculpt - Suzanne(1)	Total Body -Kara(1)			
6:30-7:25pm	Zumba - Vicki(1)		Zumba - Vicki (1) Spinning 45 - Nina(2)				6:00-7:00pm Dance Fusion - Sonia(1)
7:30-8:25pm	7:40 - 8:30pm Spinning 50 - Lori(2)	Total Body - Renee(1) Spinning 45-Kelly(2)		7:40 - 8:30pm Spinning-Lori(2)			

Group Exercise Class Descriptions:	
Group Fitness Classes: All Classes require either a Group Fitness pass, trial pass or separate class registration.	
Barbell	A strength building class designed to work each major muscle group using barbells and plates set to motivating music.
Barre "sample" class	Sculpt your body like a dancer, without the all-day rehearsals! Use the ballet Barre and other equipment to work your muscles in new ways.
	Use your group fitness pass or purchase a trial pass for these sample classes!
Cardio Intervals	The perfect combination of heart pumping cardio and muscle building strength exercises.
Core & Stretch	A great combination of core exercises for your abs and Yoga stretches and poses.
Cycle Circuit	Segments of indoor cycling mixed with conditioning exercises off the bike for an amazing metabolism builder!
Dance Fusion	A dance fitness class blending a variety of dance styles from hip hop to Latin to Bollywood!
HIIT & Tabata	High Intensity Interval Training (HIIT) and Tabata workouts are a fast way to burn fat and boost your exercise capacity. Push yourself in timed intervals followed with short rests to get maximum results!
PowerSculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment.
Step and Sculpt	Old school step choreography for cardio followed by sculpting exercises.
Strength/Cardio Mix	Start with cardio using a step, jump rope or other equipment followed by strengthening exercises using weights.
Total Body	Challenge yourself with this athletic based cardio & strength class to work your total body!
Total Toning	Sculpt your body from head to toe using a variety of body weight and strengthening exercises.
20/20/20	Mix it up with 20 min. of Step/Bosu, 20 min.of Kickboxing and 20 min.of sculpting/abs.
Zumba	This fusion of Latin and international dance rhythms that will have you moving and smiling as you get in shape!
Spinning (Indoor Cycling) Classes: <i>New Participants please arrive 5-10 minutes early!</i>	
Use your Group Fitness Pass or trial pass. Please bring water and a towel to class.	
Spinning (45, 55, 60)	A 45 - 60 minute calorie-burning indoor cycling workout completed with cool down and stretching.
Cycle Circuit	Segments of indoor cycling mixed with conditioning exercises off the bike for an amazing metabolism builder!